

STANCES

- Stances are the foundation of life.
- How hard is it to move a mountain?
- It is also what your martial is developed from. If you have an effective stance, the rest of martial arts become easier.

IMPORTANT POINTS TO LOOK FOR IN EACH STANCE

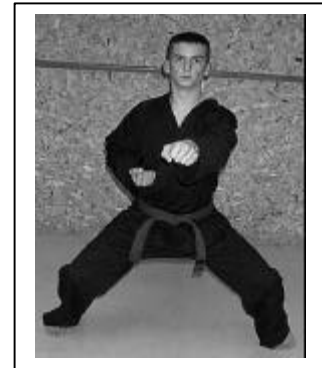
Ready Stance

- Feet pointing straight ahead
- Feet as wide as your hips
- Knees slightly bent
- Bring fists back into chamber
- Launch both punches forward in front of hips



Horse Stance

- Feet on the same line
- Feet wider than your hips
- Point feet as straight ahead as possible
- Knees bent
- Knees over toes
- Hips over the center of gravity
- Hips pointing straight ahead
- Shoulders straight ahead



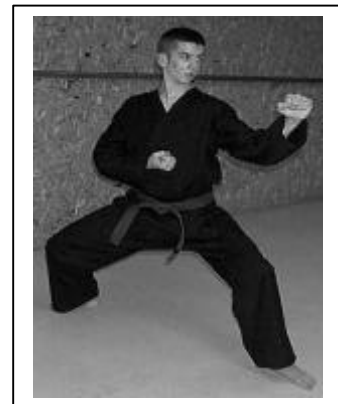
Front Stance

- Feet wider than hips
- Rear foot pointing straight ahead
- Front foot pointing slightly in.
- Rear leg straight
- Front leg bent
- Front knee over the front toes
- Hips straight ahead
- Hips over center of gravity
- Shoulders straight ahead
- When stepping, feet circle in and out
- Feet glide over the ground



Back Stance

- This stance basically is a horse stance kind of turned sideways.
- However, the front foot faces straight ahead, while the rear foot points to the 90° angle
- 70% of your weight is shifted over the rear foot



- 30% of your weight is shifted over the front foot.
- Your chest points to the 90° angle, while your head points straight ahead.
- When stepping, feet circle in and out
- Feet glide over the ground

Cat Stance

- Lead foot points straight ahead.
- The rear foot is pointed slightly to the outside.
- The angle is very slight to protect the groin.
- Both knees are bent.
- 90% of your weight is on the rear foot.
- The front foot only touches at the ball.
- The back is straight, and points slightly to the side.



Front Kicking Position

- This is the same as the front stance, however the hands are held in high guard.
- To step into FKP, low block, and then bring your hands up into the high guard.
- Your high guard:
 - Elbows are close to the body.
 - Hands are level with cheekbones, and elbows are even with the ribs.



Side Kicking Position

- This is a horse stance turned sideways.
- Wrap in X-wrap.
- Turn the rear foot while stepping forward with the lead.
- Both feet, hips, and shoulders face to the side.
- Low block over both knees.
- Bring your hands both up into high guard.
- Eyes looking straight ahead at the opponent.



Fighting Stance

- Shoulder and hips should face to the side.
- Feet face slightly to the side.
- Weight shifted forward onto the balls of the feet.



Self-Defense Stance

- Self-defense stance is the most normal stance.
- Knees bent.
- Weight shifted forward onto the balls of the feet.
- One foot a little in front of the other.
- Hands are up in a position to calm opponent down.

